

Executive Summary of the South Dakota Youth Risk Behavior Survey Trend Results – 1991 to 2005

The South Dakota Youth Risk Behavior Survey (YRBS) was administered biennially during the period of 1991 to 2005 to a random sample of approximately 1,500 students in grades 9 through 12 attending regular classrooms in public, private, and Bureau of Indian Affairs schools in South Dakota.

The YRBS assesses the six priority health-risk behaviors that result in the greatest amount of morbidity, mortality, and social problems among youth. The six priority health-risk behaviors assessed in the YRBS are behaviors that result in intentional and unintentional injuries and violence; tobacco use; alcohol and other drug use; sexual behaviors that result in HIV infection, other sexually transmitted diseases, and unintended pregnancy; dietary behaviors; and physical activity.

Although most of the YRBS questions were introduced in 1991, a few additional questions were added during subsequent years. Statistical trend analyses were conducted to determine whether each health-risk behavior increased, decreased, or remained unchanged over time. This Executive Summary presents the results of these trend analyses and the prevalence of each health-risk behavior for both 2005 and for the first year that it appeared in the YRBS – usually 1991.

Behaviors that Result in Intentional and Unintentional Injuries and Violence

Changes Toward Less Risky Behavior

The percentage of students who

- never or rarely wore a bicycle helmet **decreased** from 98% in 1991 to 95% in 2005 (among students who rode a bicycle during the past twelve months)
- never or rarely wore a seatbelt when riding in a car driven by someone else **decreased** from 54% in 1991 to 20% in 2005
- never or rarely wore a seatbelt when driving a car **decreased** from 28% in 1999 to 20% in 2005 (among students who drove a car)
- during the past 30 days rode one or more times in a car or other vehicle driven by someone who had been drinking alcohol **decreased** from 50% in 1991 to 32% in 2005
- during the past 30 days drove a car or other vehicle one or more times when they had been drinking alcohol **decreased** from 28% in 1991 to 17% in 2005
- carried a weapon such as a gun, knife, or club on school property on one or more of the past 30 days **decreased** from 10% in 1993 to 8% in 2005
- were in a physical fight one or more times during the past 12 months **decreased** from 40% in 1991 to 26% in 2005
- were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months **decreased** from 4% in 1991 to 2% in 2005
- were in a physical fight on school property one or more times during the past 12 months **decreased** from 14% in 1991 to 8% in 2005
- during their whole school life, had been touched, grabbed, or pinched in a sexual way by anyone when they didn't want them to **decreased** from 32% in 1995 to 26% in 2005
- during their whole school life, had anyone make sexual comments, jokes, gestures, or looks when they did not want them to **decreased** from 49% in 1995 to 42% in 2005
- ever seriously considered attempting suicide during the past 12 months **decreased** from 30% in 1991 to 19% in 2005
- made a plan about how they would attempt suicide during the past 12 months **decreased** from 18% in 1991 to 16% in 2005

No Statistically Significant Changes

The percentage of students who

- did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way to or from school showed no statistically significant change from 3% in 1993 to 4% in 2005
- have been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months showed no statistically significant change from 6% in 1993 to 8% in 2005
- had property, such as their car, clothing, or books, stolen or deliberately damaged on school property one or more times during the past 12 months showed no statistically significant change from 27% in 2003 to 27% in 2005
- during the past 12 months were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend showed no statistically significant change from 12% in 1999 to 11% in 2005
- were ever physically forced to have sexual intercourse when they did not want to showed no statistically significant change from 8% in 2001 to 9% in 2005
- during the past 12 months felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities showed no statistically significant change from 23% in 1999 to 26% in 2005
- attempted suicide during the past 12 months which resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse showed no statistically significant change from 3% in 2003 to 3% in 2005
- would first recommend family, friends, or peer helpers or a school counselor, school nurse, school psychologist, or school social worker to a friend who wanted help with suicidal thoughts showed no statistically significant change from 59% in 1999 to 59% in 2005
- actually attempted suicide one or more times during the past 12 months showed no statistically significant change from 8% in 1999 to 11% in 2005

Changes Toward More Risky Behavior

There were no changes toward more risky behavior in this section.

Mixed Changes

There were no mixed changes in this section.

Explanation of the Trend Analyses Reported in this Executive Summary

The complete results of the trend analyses are published in the *South Dakota Youth Risk Behavior Survey Trend Report 1991-2005*. This Executive Summary organizes the trend results into four categories: Changes Toward Less Risky Behavior, Changes Toward More Risky Behavior, No Statistically Significant Changes, and Mixed Changes involving two or more of the preceding three categories.

Highly complex statistical procedures were used to perform the trend analyses reported in *South Dakota Youth Risk Behavior Survey Trend Report 1991-2005* and in this Executive Summary. These statistical analyses incorporated the results from every year that a question was included in the survey, along with information about the sampling procedures and response rates.

This Executive Summary presents the prevalence of each health-risk behavior for two points in time – 2005 and the first year that an item was included in the survey, usually 1991. Since the prevalence results for the intervening years are not reported in this Executive Summary, some of the trend results may seem confusing. For example, a very small change from 1991 to 2005 for one behavior may be reported as being a statistically significant increase or decrease but for another behavior a much larger difference may be reported as showing no change. In these cases an examination of the complete trend results for the behavior from 1991 to 2005 will often eliminate the confusion.

Alcohol and Other Drug Use

Changes Toward Less Risky Behavior

The percentage of students who

- had at least one drink of alcohol on one or more days during their life **decreased** from 84% in 1991 to 77% in 2005
- had their first drink of alcohol other than a few sips prior to age 13 **decreased** from 34% in 1991 to 24% in 2005
- had at least one drink of alcohol on one or more of the past 30 days **decreased** from 58% in 1991 to 47% in 2005
- had 5 or more drinks of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days **decreased** from 41% in 1991 to 34% in 2005
- had at least one drink of alcohol on school property on one or more of the past 30 days **decreased** from 9% in 1993 to 4% in 2005
- had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any sprays or paints to get high during their life **decreased** from 21% in 1995 to 16% in 2005
- used methamphetamines one or more times during their life **decreased** from 10% in 1999 to 7% in 2005

Mixed Changes

The percentage of students who

- used marijuana on school property one or more times during the past 30 days **increased** from 4% in 1993 to 5% in 1995, showed no change from 1995 to 2001, and **decreased** from 5% in 2001 to 3% in 2005
- had someone offer, sell, or give them an illegal drug on school property during the past 12 months **increased** from 18% in 1993 to 30% in 1997, and then **decreased** to 21% in 2005
- ever used a needle to inject any illegal drug into their body one or more times during their life **increased** from 2% in 1995 to 7% in 2001, and then **decreased** to 3% in 2005

No Statistically Significant Changes

The percentage of students who

- tried marijuana for the first time prior to age 13 showed no statistically significant change from 7% in 1991 to 8% in 2005
- had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any sprays or paints to get high during the past 30 days showed no statistically significant change from 4% in 2001 to 5% in 2005
- used heroin one or more times during their life showed no statistically significant change from 3% in 2003 to 2% in 2005
- used ecstasy one or more times during their life showed no statistically significant change from 5% in 2003 to 4% in 2005
- had taken steroid pills or shots without a doctor's prescription, one or more times during their life showed no statistically significant change from 4% in 1991 to 3% in 2005

Changes Toward More Risky Behavior

The percentage of students who

- used marijuana one or more times during their life **increased** from 21% in 1991 to 37% in 2005
- used marijuana one or more times during the past 30 days **increased** from 10% in 1991 to 17% in 2005
- used any form of cocaine including powder, crack, or freebase, one or more times during the past 30 days **increased** from 2% in 1991 to 4% in 2005

Tobacco Use

Changes Toward Less Risky Behavior

The percentage of students who

- ever tried cigarette smoking, even one or two puffs **decreased** from 69% in 1991 to 61% in 2005
- smoked a whole cigarette for the first time prior to age 13 **decreased** from 23% in 1991 to 22% in 2005
- smoked cigarettes on one or more of the past 30 days **decreased** from 31% in 1991 to 28% in 2005
- smoked cigarettes on school property on one or more of the past 30 days **decreased** from 15% in 1993 to 9% in 2005
- ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days **decreased** from 25% in 2001 to 20% in 2005
- used chewing tobacco or snuff such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen, during the past 30 days **decreased** from 23% in 1995 to 13% in 2005
- used chewing tobacco or snuff on school property on one or more of the past 30 days **decreased** from 13% in 1995 to 6% in 2005

Mixed changes

The percentage of students who

- smoked cigarettes on 20 or more of the past 30 days **increased** from 16% in 1991 to 24% in 1997, and then **decreased** from 24% in 1999 to 14% in 2005

No Statistically Significant Changes

The percentage of students who

- smoked more than 10 cigarettes per day on the days they smoked during the past 30 days showed no statistically significant change from 12% in 1991 to 12% in 2005 among those who are current smokers
- bought their own cigarettes in a store such as a convenience store, supermarket, discount store, or gas station showed no statistically significant change from 11% in 2001 to 10% in 2005 among those less than 18 years old who smoked cigarettes during the past 30 days
- smoked cigarettes during the past 30 days who ever tried to quit smoking cigarettes during the past 12 months showed no statistically significant change from 64% in 2001 to 58% in 2005

Changes Toward More Risky Behavior

There were no changes toward more risky behavior in this section.

Sexual Behaviors that Result in HIV Infection, Other Sexually Transmitted Diseases, and Unintended Pregnancies

Changes Toward Less Risky Behavior

The percentage of students who

- ever had sexual intercourse **decreased** from 48% in 1991 to 44% in 2005
- had sexual intercourse for the first time prior to age 13 **decreased** from 7% in 1991 to 6% in 2005
- had sexual intercourse with four or more people during their life **decreased** from 16% in 1991 to 14% in 2005
- had sexual intercourse with one or more people during the past 3 months **decreased** from 34% in 1991 to 31% in 2005
- used or whose partner used a condom during last sexual intercourse **increased** from 48% in 1991 to 57% in 2005 among those who had sexual intercourse during the past 3 months

Mixed Changes

There were no mixed changes in this section.

No Statistically Significant Changes

The percentage of students who

- drank alcohol or used drugs before last sexual intercourse showed no statistically significant change from 37% in 1991 to 31% in 2005 among those who had sexual intercourse during the past 3 months
- used or whose partner used birth control pills to prevent pregnancy during last sexual intercourse showed no statistically significant change from 20% in 1991 to 20% in 2005 among those who had sexual intercourse during the past 3 months

Changes Toward More Risky Behavior

The percentage of students who

- had been taught about AIDS/HIV infection in school **decreased** from 88% in 1991 to 86% in 2005

Dietary Behaviors

Changes Toward Less Risky Behavior

The percentage of students who

- described themselves as slightly or very overweight **decreased** from 35% in 1991 to 34% in 2005
- exercised to lose weight or to keep from gaining weight during the past 30 days **increased** from 55% in 1995 to 63% in 2005

Mixed Changes

There were no mixed changes in this section.

No Statistically Significant Changes

The percentage of students who

- are trying to lose weight showed no statistically significant change from 46% in 1991 to 47% in 2005
- ate less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight during the past 30 days showed no statistically significant change from 40% in 1999 to 41% in 2005
- went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days showed no statistically significant change from 13% in 1999 to 12% in 2005
- took diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days showed no statistically significant change from 7% in 1999 to 7% in 2005
- vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days showed no statistically significant change from 6% in 1995 to 7% in 2005
- ate five or more servings of fruits and vegetables per day during the past 7 days showed no statistically significant change from 19% in 1999 to 17% in 2005
- ate breakfast four or more times during the past seven days showed no statistically significant change from 52% in 1999 to 52% in 2005
- saw a dentist during the past 12 months for a check-up, exam, teeth cleaning, or other dental work showed no statistically significant change from 75% in 2003 to 71% in 2005

Changes Toward More Risky Behavior

The percentage of students who

- are at risk for becoming overweight **increased** from 11% in 1999 to 14% in 2005
- are overweight **increased** from 8% in 1999 to 10% 2005
- drank three or more glasses of milk per day during the past seven days **decreased** from 30% in 1999 to 23% in 2005

Physical Activity

Changes Toward Less Risky Behavior

The percentage of students who

- participated in physical activity that did not make them sweat or breathe hard for 30 minutes or more on 5 or more of the past 7 days **increased** from 25% in 1999 to 29% in 2005
- played video games or used a computer for fun 3 or more hours on an average school day **decreased** from 22% in 2001 to 13% in 2005

Mixed Changes

The percentage of students who

- had not participated in any vigorous or moderate physical activity during the past 7 days **increased** from 8% in 1999 to 12% in 2001, and then **decreased** to 8% in 2005
- exercised or played sports more than 20 minutes during an average physical education class **decreased** from 84% in 1991 to 77% in 1995, and then **increased** to 87% in 2005 among those students enrolled in physical education class

No Statistically Significant Changes

The percentage of students who

- exercised or participated in physical activity that made them sweat and breathe hard for 20 minutes or more on 3 or more of the past 7 days showed no statistically significant change from 64% in 1993 to 62% in 2005
- had not participated in at least 20 minutes of vigorous physical activity on 3 or more of the past 7 days and had not participated in at least 30 minutes of moderate physical activity on 5 or more of the past 7 days showed no statistically significant change from 33% in 1999 to 34% in 2005
- during an average school day watched TV for 3 or more hours per day showed no statistically significant change from 25% in 2001 to 24% in 2005
- went to physical education class one or more days in an average school week showed no statistically significant change from 24% in 1991 to 31% in 2005
- played on one or more sports teams during the past 12 months showed no statistically significant change from 63% in 1999 to 59% in 2005

Changes Toward More Risky Behavior

There were no changes toward more risky behavior in this section.